



# IITAP

September/October 2011



# Reflections

setting the standards in education for addiction professionals

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## Upcoming Events

- October 26-30, 2011 - Mod 3, Oklawaha, Florida
- November 2-6, 2011 - Mod 2, Chicago, Illinois
- January 18-22, 2011 -Mod 1, Nashville, Tennessee

## Therapeutic Integration of the PTST-R

By: Debra L. Kaplan, MA, LAC, LISAC, CMAT, CSAT-S

For clinicians who work with the sequelae of complex traumatic stress it comes as no surprise to read that addressing our clients' traumatic emotional and behavioral reactions often involves disturbances in identity, affect regulation, and interpersonal relations. Of particular note are the externalized self-destructive and tension-reducing behaviors that our clients employ in reaction to early disruptions in a secure attachment with a nurturing parent.

No more surprising is our tacit knowledge that many of these clients devote intense measures to induce internal states of calm—oftentimes in a sexually compulsive manner.

My clinical area of expertise focuses on attachment, complex post-traumatic stress, and associated intimacy and sexual compulsivities. For me, as with many in the CSAT community, trauma and sexual concerns have long been comorbid topics of exploration for therapy. Treating complex post-traumatic stress (CPTSD) and sexual compulsivity as a trauma response requires a distinct awareness and appreciation for the origins of this diagnostic conceptualization. Further, clients exhibiting disturbances from enduring neglect and abuse often engage hypersexual means to compensate and/or medicate early injuries in secure bonding and attachment with their caregivers.

The compulsive sexual behavior enacted by an individual may repeatedly compensate for

deficits in secure attachments thereby becoming an over-arching coping mechanism for perceived or actual rejection and abandonment. The therapist treating this trauma must have knowledge regarding the ways in which sexualized traumatic repetition is reenacted by the CPTSD client. Trauma resolution is at the core of treatment for trauma induced sex addiction and treating sex addiction in the CPTSD client requires a therapeutic relational acuity for navigating these therapeutic waters.

### The Post Traumatic Stress Index - Revised

Among the tools available to clinicians for assessing the complexity of trauma and its correlated outcomes is the PTST-R. This on-line, beta edition of the self-report assessment is a revised edition of the original PTST, designed by Dr. Patrick Carnes and David Delmonico, M.Ed., and published in *The Betrayal Bond: Breaking Free of Exploitive Relationships*.

This newer PTST-R was launched in August 2009 and was designed to assess multiple clinical populations and speak to an interdisciplinary language of Social neuroscience.

The original PTST reported results along eight domains or categories. These eight categories were expanded to eleven in the current PTST-R so as to include an entire range of clinical outcomes as well as life-style functioning and mood disturbance.

Continued on Page 2 ...



Fall is a busy season for us (probably you too!). Between the CSAT training Modules, PIP Advanced and conferences, I'm spending quite a bit of time on the road. I am pleased to report that Pennie Johnson who has recently received her CSAT certification is now assisting me with covering both conferences and training Modules. Since I haven't learned to be

in two places at once, this is wonderful and permits us to have IITAP represented in more places such as the AAMFT conference (Pennie) and SASH (me) which just happened to be held at the same time. I'm sure you'll enjoy getting to know Pennie!

Speaking of SASH, it was great to see many familiar faces in La Jolla for the conference. Congratulations to Marcus Earle who is the new Board President for SASH.

We are pleased to announce the next Module 1 training will be hosted by The Ranch in the Nashville, TN area January 18-22nd. More information is available on [www.iitap.com](http://www.iitap.com) under "events/workshops". As we had to turn people away for Module 1 in Chicago in June and filled in LA in September, please do not wait until the last minute to register. If you have any questions about the training and certification program, do not hesitate to contact [Tami@iitap.com](mailto:Tami@iitap.com) or call 480-575-6853 x11. I had two calls the last day I was in the office with inquiries for a therapist in their area with no one to help. If you are a therapist, please consider taking the training to gain the skills needed to help those struggling with this addiction (including family members).

Since the last newsletter we have had several trainings- thank you to Cara Tripodi and STAR for their support in hosting the entire series of CSAT trainings in the Philly area. We completed Module 4 with hurricane Irene approaching. What an amazing group that stuck through the training- I am so grateful for the commitment (we never even lost electricity where we were and our hotel had people evacuating from other areas to stay there so no one thinks we don't care about safety).

We are grateful to SRI for hosting the Module 1 training in the LA area in September. In addition to the training, Dr. Carnes

did a presentation one evening to the recovering community with Rob Weiss, Sharon O'Hara and Michael Alvarez from SRI all providing feedback and fielding questions with Dr. Carnes. We also offered it as a live stream which was a first for us! We literally had people all over the world participating- technology is awesome and it was a wonderful evening and presentation.

We have Module 2 in Chicago co-hosted by Ann Foster and Millennium Counseling and SRI/The Ranch offered November 9-13<sup>th</sup>. We also have Module 3 in FL hosted by The Refuge- A Healing Place. More info is on the websites for each of these and other offerings.

We are making progress with the plans for the 2012 Symposium. The keynotes will be Dr. Allan Schor and Dr. Stan Tatkin. If you haven't already done so, save the dates! The Symposium will be February 16-18<sup>th</sup> in lovely Scottsdale, AZ. We have some information including the hotel contact information and registration form on [www.iitap.com](http://www.iitap.com) under "workshops/events". The early bird registration pricing will end before our next newsletter so take advantage and save by registering soon!

We will again offer the CSAT Refresher on February 13-15<sup>th</sup> (1/2 day on the 15<sup>th</sup>). If you have taken the CSAT training two or more years ago, this is a great way to update your skills. We have also had feedback from those who took the training more recently who felt it really helped cement the work that they learned in the training modules. Please consider participating!

If you are a CSAT Supervisor (or wish to be), the Supervisor training will be the afternoon of February 15<sup>th</sup> from 1- 5 p.m. A reminder that if you are a supervisor, you must attend this training at least once every two years to remain current. One of the most important aspects of the CSAT training is that supervisors help candidates implement the tools including the online assessments into their work. It is imperative that supervisors hone their skills to best serve in this capacity. If you are unfamiliar with or for any reason unclear about this, we strongly encourage attending the CSAT Refresher too.

Since this is coming out late (due to my delay in finishing my parts), I also want to recognize Dan Morris and Kavod in Rochester, NY for hosting Dr. Carnes for a presentation to therapists and the recovering community. Dan and his team did a great job and the room was packed. It was a great event and because of Dan, many more people in the Rochester area know more about sex addiction. Great job Dan!

## Pot Use, Cravings, Decline with Exercise

Vanderbilt researchers are studying heavy users of marijuana to help understand what exercise does for the brain, contributing to a field of research that uses exercise as a modality for prevention and treatment. <http://www.newswise.com/articles/view/574069/?sc=dwhp>

## What You See Is What You Do: Risky Behaviors Linked to Risk-Glorifying Media Exposure

Exposure via the media to activities such as street racing, binge drinking and unprotected sex is linked to risk-taking behaviors and attitudes, according to a new analysis of more than 25 years of research. <http://www.newswise.com/articles/view/574125/?sc=dwhp>

## Text Messaging Helps Smokers Break the Habit

A pair of related studies on smoking cessation by researchers at the University of Oregon and other institutions have isolated the brain regions most active in controlling urges to smoke and demonstrated the effectiveness of text-messaging to measure and intervene in those urges. <http://www.newswise.com/articles/view/574164/?sc=dwhp>

## The Sight And Smell Of Food Causes Binge Eaters' Dopamine Levels To Spike

A brain imaging study at the U.S. Department of Energy's (DOE) Brookhaven National Laboratory reveals a subtle difference between ordinary obese subjects and those who compulsively overeat, or binge: In binge eaters but not ordinary obese subjects, the mere sight or smell of favorite foods triggers a spike in dopamine - a brain chemical linked to reward and motivation. The findings - published online in the journal *Obesity* - suggest that this dopamine spike may play a role in triggering compulsive overeating. <http://www.medicalnewstoday.com/articles/217779.php>

## Feeling Angry? Say A Prayer and the Wrath Fades Away

Saying a prayer may help many people feel less angry and behave less aggressively after someone has left them fuming, new research suggests. <http://www.newswise.com/articles/view/574604/?sc=dwhp>

## Psychologists Find the Meaning of Aggression

Bottling up emotions can make people more aggressive, according to new research from The University of Texas at Austin and the University of Minnesota that was funded, in part, by a grant from the U.S. Army. <http://www.newswise.com/articles/view/574726/?sc=dwhp>

## Females Get More Hooked Onto Cocaine And Find Quitting It More Difficult Than Males

Scientists have found that females appear to become dependent on cocaine more easily than males, and they also find it much more difficult to quit. An article published in *Biology of Sex Differences* demonstrated this position in an animal experiment. <http://www.medicalnewstoday.com/articles/218693.php>

## Personality Factors May Predict Infidelity

A new study by a University of Guelph professor shows personality factors that predict infidelity are more relevant predictors than are religion, marital status, education or gender. [http://www.uoguelph.ca/news/2011/07/sexual\\_anxiety.html](http://www.uoguelph.ca/news/2011/07/sexual_anxiety.html)

## Drug Abuse Now Equals Childhood Obesity as Top Health Concern for Kids

Adults rate drug abuse and childhood obesity as the top health concerns for kids in their communities, according to the fifth annual survey of the top 10 health concerns for kids conducted by the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health. <http://www.newswise.com/articles/view/579587/?sc=dwhp>

## A First Glimpse of Internet Addiction and Brain Anomalies

New scientific study in China suggests that possibility of brain structural alterations in self-reported long-term internet addicts. <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0020708>

## Tanning Bed Users Exhibit Brain Changes and Behavior Similar to Addicts

People who frequently use tanning beds may be spurred by an addictive neurological reward-and-reinforcement trigger, researchers at UT Southwestern Medical Center have found in a pilot study. <http://www.newswise.com/articles/view/579515/?sc=dwhp>

## Decision-Making Processes Blunted In Chronic Marijuana Smokers

Smoking marijuana affects peoples' impulsivity, attention, memory, cognition and decision-making abilities. That's been scientifically proven. <http://www.medicalnewstoday.com/releases/229217.php>

## Study Finds Rise in Sexualized Images of Women

A study by University at Buffalo sociologists has found that the portrayal of women in the popular media over the last several decades has become increasingly sexualized, even "pornified." The same is not true of the portrayal of men. <http://www.newswise.com/articles/view/579506/?sc=dwhp>

The client's response is displayed in a percentage basis within the eleven categories. For the categories that measure in the moderate to high ranges there is a description of each profile along with a list of symptoms typical for that category.

### So...What's In an Assessment?

CSATs utilizing the PTSI-R have a valuable tool to begin to understand the underlying "narrative story" in your client's trauma — with or without a diagnosis of "PTSD." The client's continuum of past symptoms and behaviors, life-span experiences and affect disturbance is reflected for accurate therapeutic assessment.

Finally, the PTSI-R assesses for emotional, physical and sexual trauma symptoms while being adaptable to any theoretical orientation and includes a client's self-report of their Axis I and II diagnoses. Addiction potential, arrest scale, and childhood loss scales were also added.

It is widely accepted in the field of trauma treatment that due to the amalgam of physiological, psychological, emotional and cognitive manifestation of adverse trauma outcomes, many of our clients maintain difficulties in identity, inter-personal boundary awareness and a coherent self-concept.

The degree to which our clients struggle with fluctuating self-awareness, intimacy and sexual compulsivity remains a significant barrier for insight and growth. As such, many CSATs have come to understand the value of utilizing the PTSI-R in conjunction with the SDI-R (Sexual Dependency Inventory Revised) for therapeutic assessment and client insight and education.

By incorporating the two inventories into early assessment and treatment, both clinician and client gain a wealth of therapeutic currency.

Professionals in the field of trauma agree that the complexities of treatment for trauma-induced outcomes require a multi-modal approach. That which requires both a right-brain, sensory-experiential/somatic interventions in healing, as well as left-brain, cognitive based assessment and treatment planning.

## Media Kits are Available

This is a reminder that there is a Media Kit on [www.iitap.com](http://www.iitap.com) under the section "For Therapists". Many of you are likely receiving calls in light of current events. We encourage you to review this information and to have a plan!

## Position Available

**Life Healing Center**, a behavioral health residential treatment center for adults, is seeking a Certified Sexual Addiction Therapist (CSAT) to work in our Men's Gender Specific Sex, Love and Relationship Addiction Program. Interested candidates must have completed at least 3 of the 4 CSAT training modules or must be in the CSAT training process.

Life Healing Center, in addition to providing clinically excellent sex addiction treatment, excels in the treatment of trauma. Our clinical team is comprised of exceptional clinicians each with their own area of specialization. This lends itself to a rich milieu environment where learning and professional development abound.

Santa Fe is a lovely place to live with a great deal to offer in terms of the arts, healing and physical beauty.

### *Interested candidates should contact:*

Deborah Schweiger-Whalen, msw, lcsw, csat-3  
Clinical Director  
Life Healing Center  
Santa Fe, New Mexico  
505.946.2353  
[DSWhalen@CRCHHealth.com](mailto:DSWhalen@CRCHHealth.com)  
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## Contact IITAP

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# CSAT Spotlight -

Marcus R. Earle, Ph.D., LMFT, CSAT

*Marcus Earle is currently the SASH president and the Clinical Director of Psychological Counseling Services.*

## 1. Tell us a little about yourself – where you live, family, education, hobbies, etc.

My wife, Robin, and I are in our first empty nest year. Andrew, our oldest, is a sophomore attending Azusa Pacific University in the Los Angeles area and Sarah, our youngest, is a freshman at Colorado State University. Our two children have taught us much in the past 20 years. Robin and I moved to Chandler, AZ in 1988 after I completed my Ph.D. in Marriage and Family Therapy and Robin her Masters in Education from Virginia Tech University. We have lived in the same house since 1989, yes I dislike moving, and two years ago we added a yellow lab, Kali, to the mix. In the winter, we ski/snowboard as a family and in the summer water ski/wakeboard. Four years ago, we took a month and traveled through Europe as a family. A month trapped in trains, a rental car and hotel are highly recommended for reconnecting with teens, no TV, phone, computer, etc. just good old mom, and dad. Lastly, Robin and I are 28 years into a marriage that my addiction seriously crippled for the first five years. I continue to marvel at her ability to stand alongside me as we continue to negotiate our way through life.

## 2. Tell us about your path to becoming a therapist. What obstacles have you had to overcome?

As most know my dad, Ralph, has been in the field since 1970 and I was 10. Obviously, it would seem logical that I would pursue a similar path, especially when he enjoyed his work as much as he did. Until my junior year at the University of Redlands, however, it did not seem likely. I was involved in sports, mechanical, and in high school, my dad needed to point out that college may be a good idea. Since math seemed to rule out many other professions, psychology kept looking better.

In terms of obstacles, two stand out. One was resisting the temptation to stay hidden in my dad's shadow. The other, and tied into the first, was dealing with my own immaturity, insecurity, and loneliness. I am grateful my recovery from sexual addiction started as I began my professional work. I deeply appreciate all the clients and colleagues who have taught me so much about myself. It is my constant hope and prayer to guide and not hinder them through their own journeys.

## 3. Do you believe that there is still a stigma surrounding sex addiction?

Yes. At the same time, all the media coverage in recent years has provided a greater and more educated awareness for the public.



4. Tell us about your practice – types of clients you see, tools you utilize, what is working for your clients.

I see a wide range of clients and enjoy working with

couples, teens and their families the most. I have the gift of working in a group practice of over 20 therapists, many of whom I have supervised as they were obtaining their professional licenses. Recently, one of the great gifts has been watching them excel in ways I have not. I have become a mix of my marriage and family background, Marilyn Murray's Scindo Syndrome, Dr. David Schnarch's theoretical perspective, and now from the PCS therapists who have training in EMDR, Sensorimotor Psychotherapy, and Emotionally Focused Therapy.

To be honest, what works best for my clients is when I do not try to do everything myself. My clients are best served when I include another therapist to compliment the work I do. Typically, it is someone more patient, nurturing, and trained in EMDR or SE. From the many times I have referred one my clients into our PCS Intensive process, I have learned that two or more heads are better than one to address the complexities each client presents us in guiding them to a new, full, and enriching life.

## 5. What are your future goals for your practice?

Like many of us, work less. I continue to strive to improve our internal systems at PCS and communication with those who refer to us. In addition, I hope we can come alongside residential programs and offer a treatment option for partners and family members of those receiving inpatient services. I believe in a week, maybe two, we can help the family member(s) with their work in a depth that parallels that of the residential treatment center. Upon release from residential care, the family is then ready to collectively move forward with each person taking responsibility for their contribution to the challenge that led to the crisis they experienced.

## 6. Are you treating clients of both sexes? If so, does the treatment differ between the sexes?

Yes, I believe it helps to maintain perspective of the challenges each faces. I have not found there to be significant differences in the treatment. I have found, however, there are issues unique to the addict and unique to those in a significant relationship with them. In particular, keeping the treatment balanced for each so the needs of the partner are not missed.

### 7. Are you interested in research/new findings, etc., about sex addiction?

I am intrigued as we continue to add to the evidence we are treating something measurable. This would also include the current struggle to define the area. I hope the current debate leads to more knowledge and does not lead to division. I have watched it divide other organizations and hope we avoid this by having lively, impassioned conversations that will lead to more growth and learning.

### 8. What do you see for the future in sex addiction therapy?

I believe we are entering a time where there are more available treatment options creating a menu of choices for clients to more accurately fit their needs. For example, historically there have been two primary choices of: either one to two hours of individual therapy, perhaps couples, a therapist led group, and 12-step groups or refer to inpatient care. Furthermore, we are learning more about the brain and what it responds to which is helping to refine our treatment methods and making for more efficient treatment. Drs. Carnes continue to do a wonderful job of defining a process (i.e., the tasks) which provide a map for practitioners and clients.

### 9. Are you active in your community? Tell me about it.

In the past, we have been active through our local church, which focused on emotional and relational health. At the time, I served as chair of the board and Robin continues to lead an annual Christmas shoebox ministry for children around the world. Currently, I am interested in increasing awareness for parents and youth of the positive and negative impact technology is having on family and couple relationships.

### 10. What are some things about you that the CSAT community doesn't know.

I love sailing and, yes, the Christopher Cross song about it. Although my daughter informed me, "dad you do not cry," movies and country western songs can get me there really quick. Lastly, writing about myself does not top my list of fun things to do. ☺

## Pine Grove Announcement

Pine Grove is pleased to announce Susan Campling, RN, PsyD, in her new role throughout the Pine Grove treatment campus working on research efforts, public speaking, assessment and overall clinical consultant to all Pine Grove programs. Dr. Campling will also continue her role working with the Family Program and Intensive Workshops. Additionally, Dr. Campling will continue to work with Dr. Jes Montgomery and Dr. Patrick Carnes on program development, physician treatment and trauma programming.

Pine Grove's investment in clinical programming, research and staff development coupled with Dr. Campling's 20+ years in the field of behavioral health and addiction treatment will allow Pine Grove to continue to offer programming and services that are nationally recognized and steeped in excellence.

As a result of Dr. Campling's new role, Pine Grove is searching to fill the full time Gentle Path Director position. Candidates must have a Master's Degree in behavioral health, eligible for licensure in MS, CSAT, minimum of 5 years experience in addiction treatment with 3 years of management experience, preferred.

## Position Available

Pine Grove's Gentle Path is a program for those suffering from sexual addiction, relationship addiction and sexual anorexia. It is under the direction of Patrick Carnes, Ph.D., C.A.S., world-renowned speaker, and author on addiction. Dr. Carnes' 30-task-model serves as the basic curriculum for treatment. The staff on-hand is multi-disciplinary and includes psychiatry and addictionology. The Gentle Path program consists of two components: A Comprehensive Diagnostic Assessment (one to two days) and a Residential Treatment Program (average length of stay being 6 weeks).

### Send resumes to:

Debbie Sanford, Chief Officer  
Pine Grove  
2255 Broadway Drive  
Hattiesburg, MS 39402  
email: [rdykes@forrestgeneral.com](mailto:rdykes@forrestgeneral.com)

If your organization is interested in hosting an IITAP training or workshop, or having a private training for yourselves, please contact Tami VerHelst at [tami@iitap.com](mailto:tami@iitap.com), or call 480-575-6853 for details.

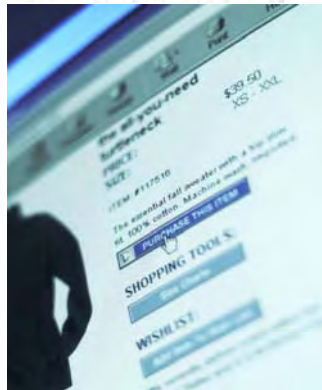


## Have You Checked Your Website Listing Lately?

Please check your website listing to make sure the information is accurate. If the zip code is incorrect, the search will not work properly. If the phone number is incorrect, clients can't reach you. Go to [www.iitap.com](http://www.iitap.com) then "Therapist Locator." Type in your state and click the search button or your zip code and give a radius and click the search button. You can also just type in your last name but it can be helpful to have a broader perspective. If we need to correct any information, please e-mail [tami@iitap.com](mailto:tami@iitap.com).

## Join A **Linked in**® Group

If you are an ASAT, CSAT or Candidate who would like to join a Linked In networking Group called **Certified Sex Addiction Therapists**, contact [tami@iitap.com](mailto:tami@iitap.com) or go to the Linked In page for Tami VerHelst or John and Elaine Leadem. This is an opportunity to ask questions, obtain feedback, give and receive support. ■



### Networking Groups

The following is a list of networking groups for ASAT/CSAT and Candidates. If you are interested in helping to form a group in your area, please e-mail Tami VerHelst at [tami@iitap.com](mailto:tami@iitap.com), or call 480-575-6853. This is a great opportunity to network, support each other and share information.

Area	Contact
Northern California	<a href="http://www.ncpasat.com">www.ncpasat.com</a>
Southern California	Chad Kellan at <a href="mailto:cjkelland@hotmail.com">cjkelland@hotmail.com</a>
Illinois	Hedy Tan at 312-335-1428
Nashville, TN	Tom Knowles-Bagwell at 615-972-7652
Phoenix, AZ	Marcus Earle at 480-947-5739
Tucson, AZ	Sherry Simon-Heldt at <a href="mailto:simonheldt@cox.net">simonheldt@cox.net</a>
Northeast United States	Jim Bresnahan at <a href="mailto:jimbres2000@yahoo.com">jimbres2000@yahoo.com</a>
Washington, DC Area	Patricia Fahey at <a href="mailto:pat@ftaai.com">pat@ftaai.com</a>
Wisconsin	Roger Northway at <a href="mailto:northpath@sbcglobal.net">northpath@sbcglobal.net</a>
UK/Europe	Jenny Dew at <a href="mailto:jennyedew@aol.com">jennyedew@aol.com</a>
Colorado	Michael Barta at <a href="mailto:michaelb2007@gmail.com">michaelb2007@gmail.com</a>
Portland, OR	Catherine Cooney at <a href="mailto:cooneycatherine@yahoo.com">cooneycatherine@yahoo.com</a>
Dallas, TX	Cole Adams at <a href="mailto:cole@bluffviewcounseling.com">cole@bluffviewcounseling.com</a>
North Carolina	Patricia Catanio at <a href="mailto:pnlee_2000@yahoo.com">pnlee_2000@yahoo.com</a> *
	FRIENDLY REMINDER: Some weeks I don't check email daily. If you need a quick response, please call me at 919-260-1243. I will get back to you ASAP.
New York, New York	Bart Mandell at <a href="mailto:askbart@aol.com">askbart@aol.com</a>

## Our New CSATS

August & September 2011

- Kelly Bentz
- Thuy Bui
- Theresa Callard-Moore
- Steve Dulaney
- Maria Hennigan
- David Hoskins
- Pennie Johnson
- Tom Knowles-Bagwell
- Shawn Leadem
- Kevin Medican
- Irving Naiman
- Michelle Nault-Walker
- Eamon O'Mahony
- Jr. Purnell
- Juel Reid
- Bruce Rogers-Vaughn
- Pat Salcedo
- Chris Simmons
- Peg Tavis



Mod 4 in PA Tribe- August, 2011

## Warning About .xxx Domain Names

Tim Lee, a CSAT from New York, has brought a serious matter to the attention of our community. "A new .xxx domain name extension that will be set up for "adult" websites. It will be important for anyone who does not want their name or trademark used for an .xxx domain name to apply to block the use of the name with the registrar of these domain names, ICM Registry [www.icmregistry.com](http://www.icmregistry.com), starting September 7, 2011 through October 28, 2011.

## Copyright Infringement is a Crime

Did you know that it is a copyright infringement to photocopy copyrighted content without permission from the Publisher? If you are copying materials from a Gentle Path Press Publication (Recovery Start Kit, Facing the Shadows, Recovery Zone, etc.), to use without written permission, it is not only illegal, it is unethical and prosecutable by law. Please make sure you are not violating your ethics requirement by doing this. If you have any questions, contact [CCasanova@NewFreedomCorp.com](mailto:CCasanova@NewFreedomCorp.com).

## Don't Forget to Renew

We send e-mail reminders about your renewal beginning approximately 60 days prior to the expiration date. Beginning two weeks after the expiration we will remove your name from the websites for referrals. Don't lose opportunities for new clients – keep your certification current!

The renewal form on [www.iitap.com](http://www.iitap.com) under "for therapists" or the combined CSAT and Supervisor renewal is on [www.iitap.com](http://www.iitap.com) under "for therapists" and "Supervisor resources".

## We are here to help YOU ...

DO YOU NEED HELP? Are you a member of the CSAT community and are struggling, personally, with your addiction? Do you need assistance finding professional help? Please do not hesitate to contact our office. We understand the struggles and are not a punitive organization – We want to help all in our community to be the best possible person and therapist. Call Tami or Stefanie at 480-575-6853.

## RECOVERY ZONE MODEL

200 Days Community Based Model		Workshop Intensive Model
<b>Content Focus</b>	<b>Time Required</b>	<b>WEEK ONE</b>
Intro Workshop	1 Day	Decision Table
Decision Table	2 Weeks	Recovery Zone
Recovery Zone	2 Weeks	Addiction Interaction
Addiction Interaction	4 Weeks	Grievance Story
Long Night Ordeal	1 Week	Trauma
Grievance Story	3 Weeks	3-Month Plan
Fear	4 Weeks	<b>WEEK TWO</b>
Shame	4 Weeks	Shame
Grief	3 Weeks	Grief
Restructuring Self	3 Weeks	Restructuring Self
New Covenant	2 Weeks	New Covenant
Recovery Zone Transition	1 Day	Revised Decision Table
<b>Elapsed Time</b>	<b>28 Weeks (196 Days)</b>	3-Month Plan
		<b>WEEK THREE</b>
		Vision Table
		Relationships
		Money and Work
		Physical
		Legacy Table
		One Year Plan

## The IITAP Forum

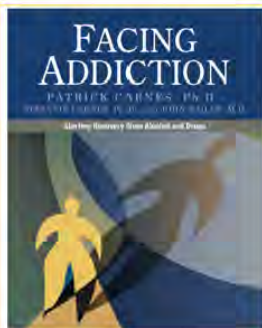
The IITAP Forum has been created to give ASATs, CSATs, and Candidates a place to discuss topics and coordinate travel arrangements for upcoming events without having to wait for us to post roommate requests to the website or send group e-mails about airline travel.

If you are interested in joining the IITAP Forum, go to [www.sexhelpworkshops.com](http://www.sexhelpworkshops.com) and register. Please feel free to start a thread on the site - It's there for your use!

## Therapist Tokens Available

If you are an ASAT, CSAT or a Candidate, and would like to take the SDI-R using a Therapist Token, please contact: [info@iitap.com](mailto:info@iitap.com), or call 480-488-0150.

This is a FREE token for your use. The token provides an opportunity to use the test, personally, without using a client token, but also provides research for the test as a comparison group with the general public. The tests are anonymous and individual test results are provided only upon your request.

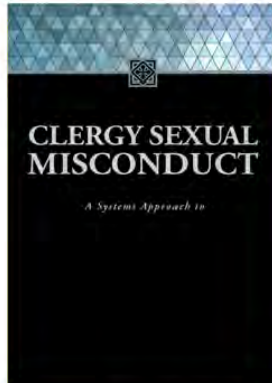


*Revolutionary Model*

*Facing Addiction* is the first book to apply Dr. Patrick Carnes' research-based 30-task model to treating drug and alcohol addiction. His **revolutionary model** helps therapists and recovering people understand the interaction between trauma and brain science, and how these factors play a role in the development of addiction to drugs and alcohol.

\$29.95 296 pages

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*Groundbreaking Resource*

After years of research into the dynamics of faith communities and the devastation created by sexual misconduct, Thoburn and Baker have written and compiled a **groundbreaking resource** - teaming with fourteen contributing experts. It is intended not only to treat devastated communities, but more importantly, prevent sexual misconduct.

\$24.95 300 Pages

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*Hope and Healing*

**NEW 2<sup>nd</sup> EDITION**

Each day unsuspecting people wake up to discover someone whom they deeply trusted, has been living a life of lies and deceit because they suffer from sex addiction. In this book, Stefanie Carnes and 12 other leading sex addiction experts guide partners from heartbreak to eventual **hope and healing**.

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**NEW! e-book: 978-0-9832713-5-2**

Welcome to Gentle Path Press, a trusted publisher of books and resources for addiction recovery. Whether you are a professional who is new to the field, a veteran therapist, a family member of a recovering addict, or a person struggling with your own addiction, our titles offer the best available information on addiction, its consequences, and therapeutic breakthroughs.

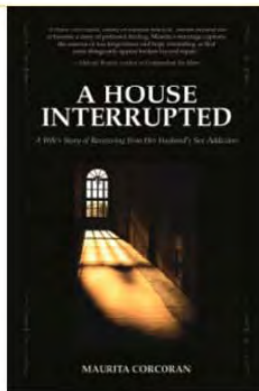
Our founder, Dr. Patrick Carnes, is a leading expert in the field of sexual addiction. An award-winning author, Dr. Carnes brings to his books extraordinary depth of knowledge as an experienced clinician and researcher, pioneering breakthroughs in addiction treatment, and trademark warmth, personal honesty, and inspiring insight.



To order any of these books, contact our online bookstore at: [www.gentlepath.com](http://www.gentlepath.com) or order from Amazon.com, Barnes & Noble or your local independent bookseller.

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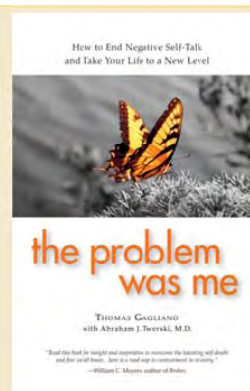
**NEW!**

A can't-put-it-down book about a wife's discovery that her physician husband is a sex addict. The author's world collapsed when she learned that her husband of 14 years was a sex addict. She was suddenly submerged in a world of painful choices about how to rebuild a life for her and her four children. An absorbing memoir about forgiveness, resilience, and hope.

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**NEW!**

A motivational can-do guide to putting aside negative self-talk and taking your life to the next level.

A single negative message in your childhood can carry a lifetime sentence. According to *Publisher's Weekly*, "... This book could be helpful to anyone who wants to break the cycle of self-defeating thoughts and self-destructive behaviors."

\$16.95 166 pages

ISBN: 978-0-9826505-7-8

**NEW! e-book: 978-0-9832713-7-6**

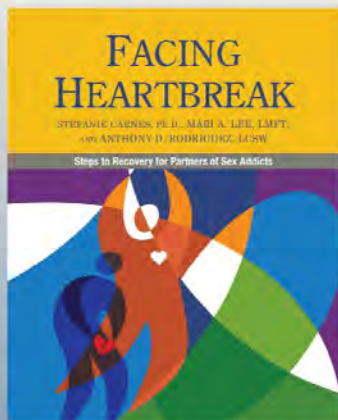
COMING SOON FROM GENTLE PATH PRESS SPRING/SUMMER, 2012

**ABOUT THE AUTHORS:**

Stefanie Carnes, PhD, has authored many publications including her nationally renowned book *Mending a Shattered Heart: A Guide for Partners of Sex Addicts*. She is also a licensed marriage and family therapist and sex addiction therapist.

Mari A. Lee, MA, LMFT, CSAT, is the founder of Growth Counseling Services, Inc., a recovery center in Pasadena, California. In addition, she is a respected writer, speaker, and presenter on women's issues, compulsive sexual behavior, trauma, and communication.

Anthony Rodriguez, MSW, CSAT, BCSA, LISW, LCSW, is the founder and clinical director of The Men's Center. He is a certified sex addiction therapist and also a technical consultant with the United States Department of Justice.



FACING HEARTBREAK \$29.95 ISBN: 978-0-9832713-3-8

Using Dr. Patrick Carnes' thirty-task sex recovery model, readers will learn to heal from the heartbreak and betrayal as they discover hope and healing.

When you discover that the person you loved and trusted most in the world is hiding a secret life as a sex addict, the result can be devastating. Facing that heartbreak is what this book is all about. The healing process will take time regardless of whether you decide to stay in the relationship or leave.

*Facing Heartbreak* weaves real life stories with practical therapeutic advice and specific tasks that gently educate, empower, and guide the partner of the sex addict through a process of recovery.



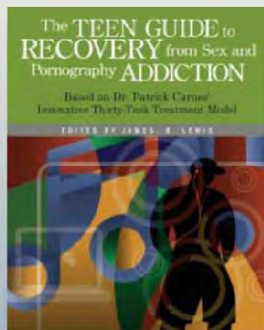
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## Skype Therapists Needed

We receive many inquiries at the office from people seeking help who do not have an ASAT/ CSAT/ Candidate nearby. Though we continue to work on filling the gaps, people need help now. If you are able and willing to work via Skype, we suggest you include this information on your website listing. Contact [tami@iitap.com](mailto:tami@iitap.com) to request an Enhanced Website Listing form. Please make sure you understand any restrictions your licensing may have around this type of therapy before advertising it.



COMING SOON FROM GENTLE PATH PRESS SPRING/SUMMER, 2012



\$21.95 ISBN: 978-0-98327-1314

**The Teen Guide to Recovery from Sex and Pornography Addiction**

This groundbreaking book on teen sex addiction offers guidance on how young people can begin the recovery process.

Adolescents are introduced to many forms of sex at an early age. Those gateways of exposure include easy access to Internet pornography, use of alcohol and drugs, sexual experiences at a young age, and deep involvement in gaming and texting. This easy-to-read guide offers young people solid accessible advice. The successful treatment model found in *Facing the Shadow* has been adapted for teenagers by a task force of experts who specialize in working with teens and young adults.



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**ABOUT THE AUTHOR:**

James B. Lewis, LCSW, CSAT-5, CLC, is in private practice in Sandy, Utah. He has more than 40 years of experience as a counselor and is author of *Six Principles for Achieving Personal Balance*. Much of his work has focused on issues related to relationships and addictions.

## Sex Addiction Referrals

Are you interested in providing sex addiction therapy sessions via Skype – and on a referral basis? John Larkin is a CSAT based in Australia (currently the only one), and is seeking to build a small network of CSAT therapists to service his growing sex addiction client base. If you are interested in exploring this with John and your licensing board approves of this therapy, please contact him direct via his email – [john.larkin@au.unisys.com](mailto:john.larkin@au.unisys.com).

## Get the News Out There

If you are an ASAT, CSAT or Candidate offering a presentation, or you have a group that you would like to have added to the [www.sexhelpworkshops.com](http://www.sexhelpworkshops.com) website, please e-mail an e-brochure to [tami@iitap.com](mailto:tami@iitap.com) for posting to the site.

This is a great way for people in your area to find out what you have going on!



<b>Title</b>	<b>Presenter</b>	<b>Price</b>	<b>Qty.</b>	<b>Cost</b>
"Let's Talk About Fear"	Patrick Carnes	\$25.00		\$
"Recovery Zone: The Next Phase"	Patrick Carnes	\$25.00		\$
"I Love You, I Hate you: Transference & Counter-transference Issues in Supervision"	Alex Katehakis	\$25.00		\$
"Ethical Dilemmas for Therapists Treating Families and Sex Addiction – Don't Get Caught with Your Pants Down – Part 1"	Stefanie Carnes	\$25.00		\$
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International Institute for Trauma and Addictions Professionals





6<sup>th</sup> Annual Symposium – 2011 DVD Order Form

Scottsdale, AZ – Hotel Valley Ho



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